

Suicide in Humboldt County: Scope of the Problem and Prevention Strategies

Presenters:

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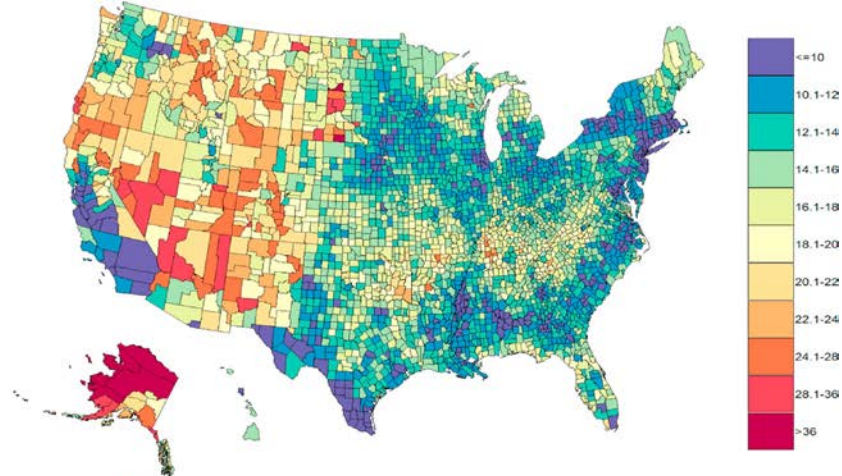
Suicide Prevention Network

A group of public and private individuals,
agencies and groups

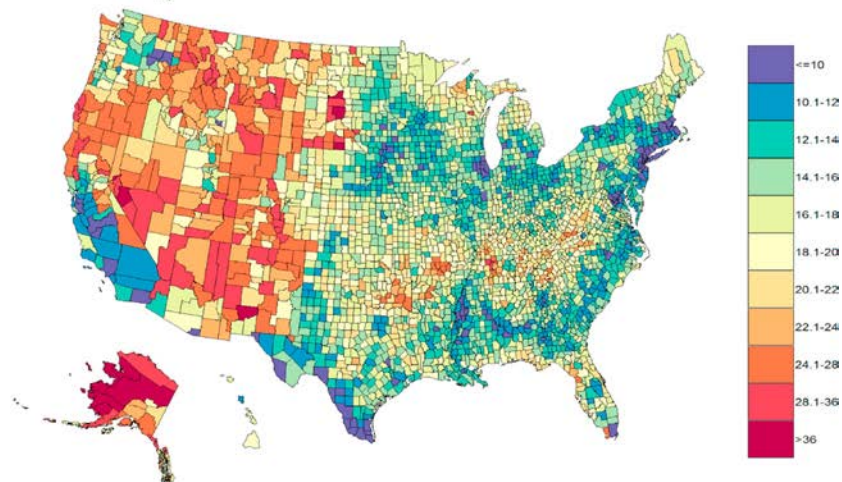


County-Level Trends in Suicide Rates in the U.S., 2005–2015

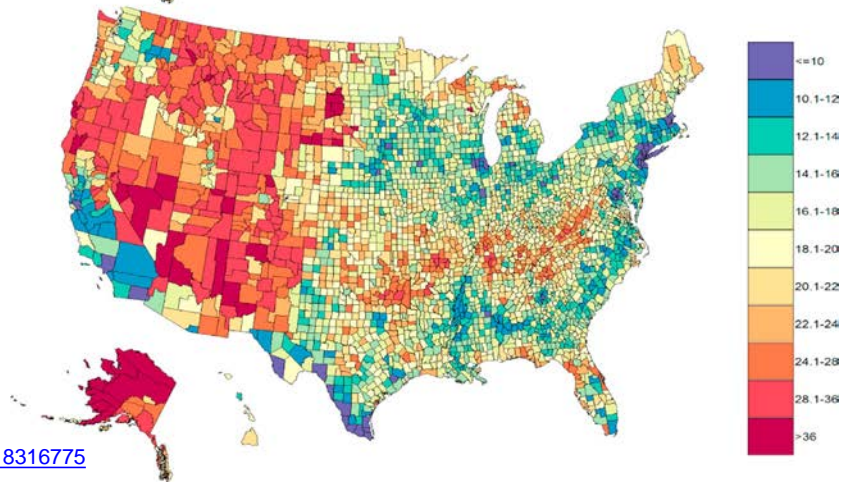
2005



2010



2015



Annual Number of Humboldt County Suicide Deaths, 2005-2018 (YTD)

2005-2018 Suicides: 435

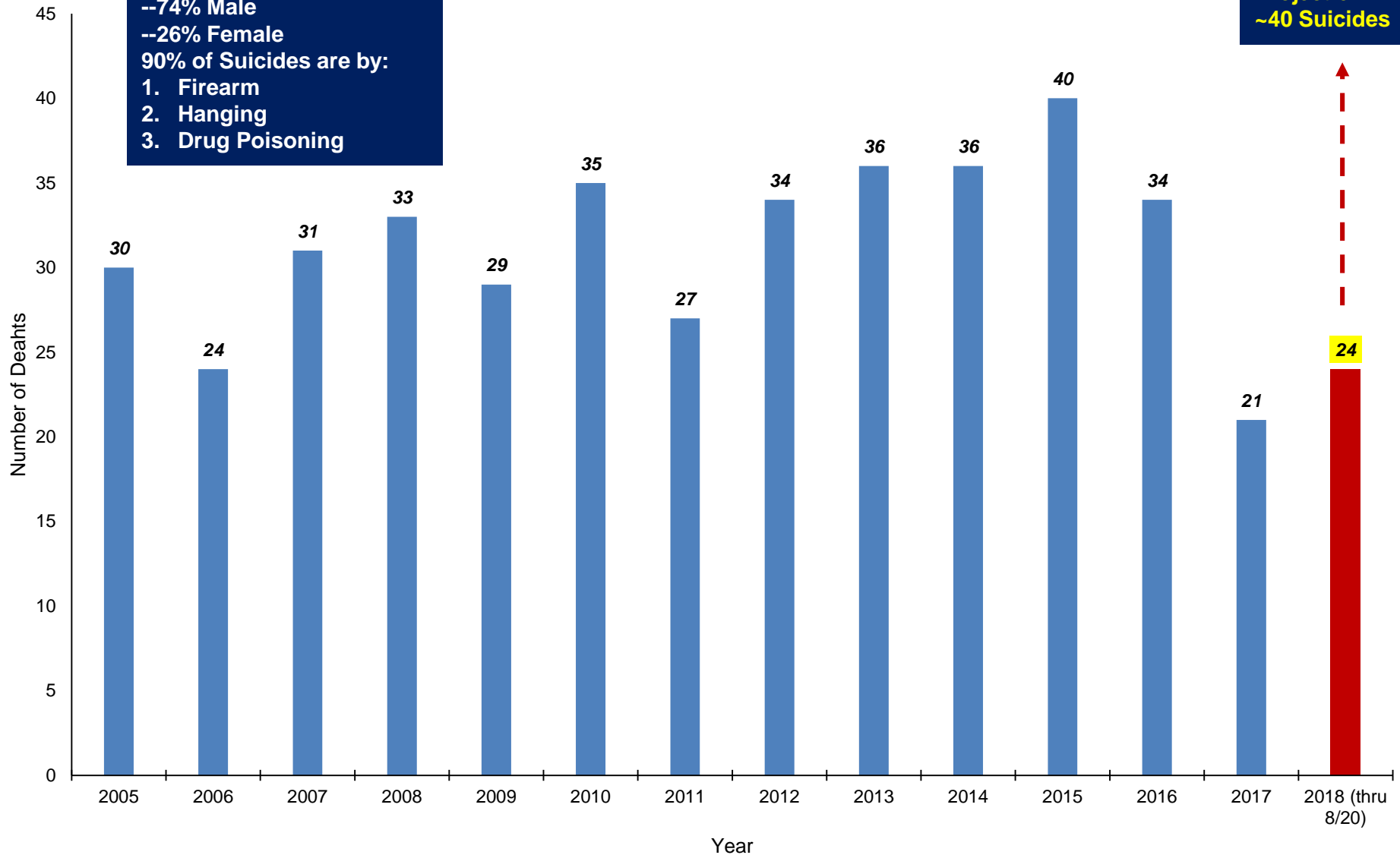
--74% Male

--26% Female

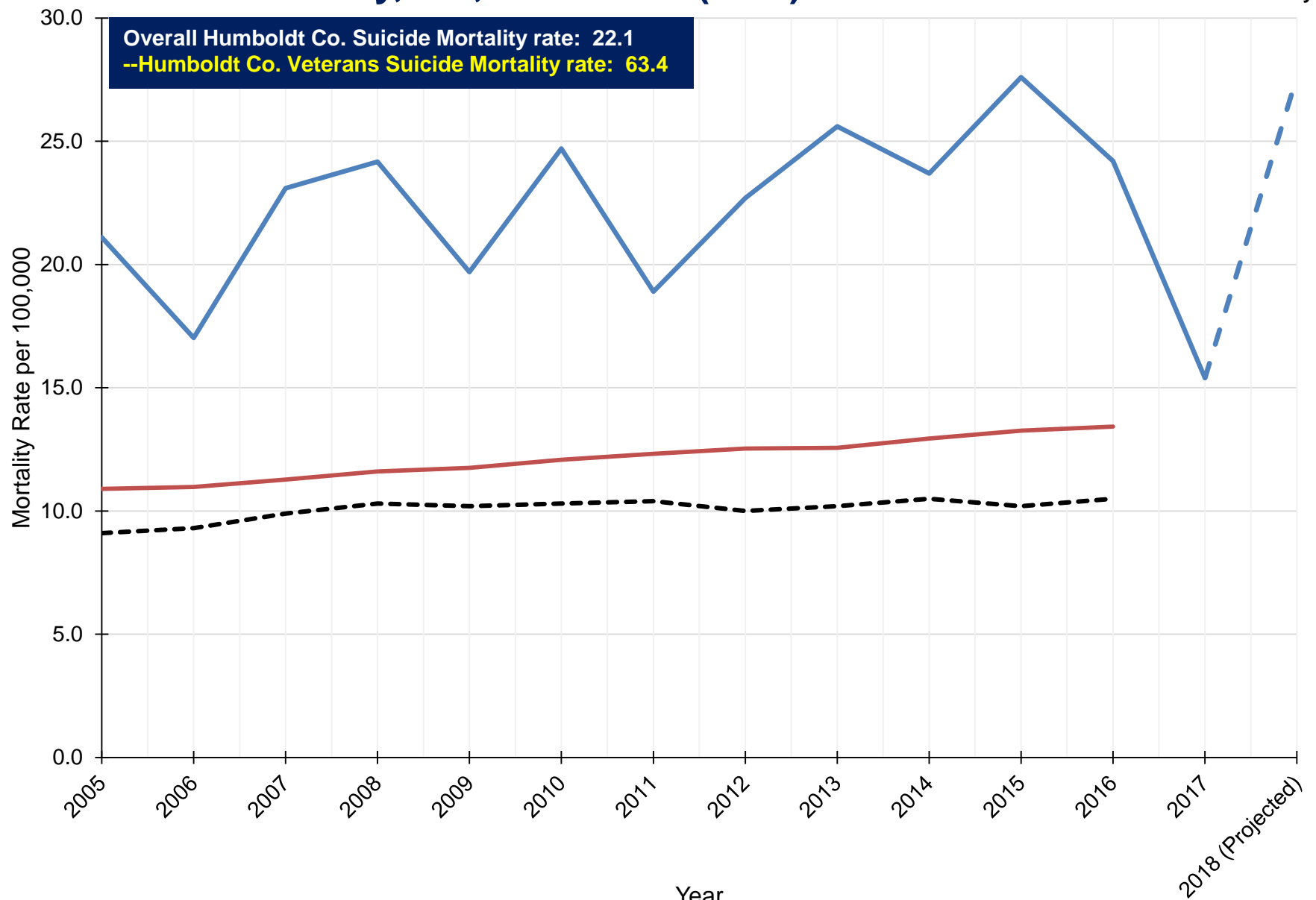
90% of Suicides are by:

1. Firearm
2. Hanging
3. Drug Poisoning

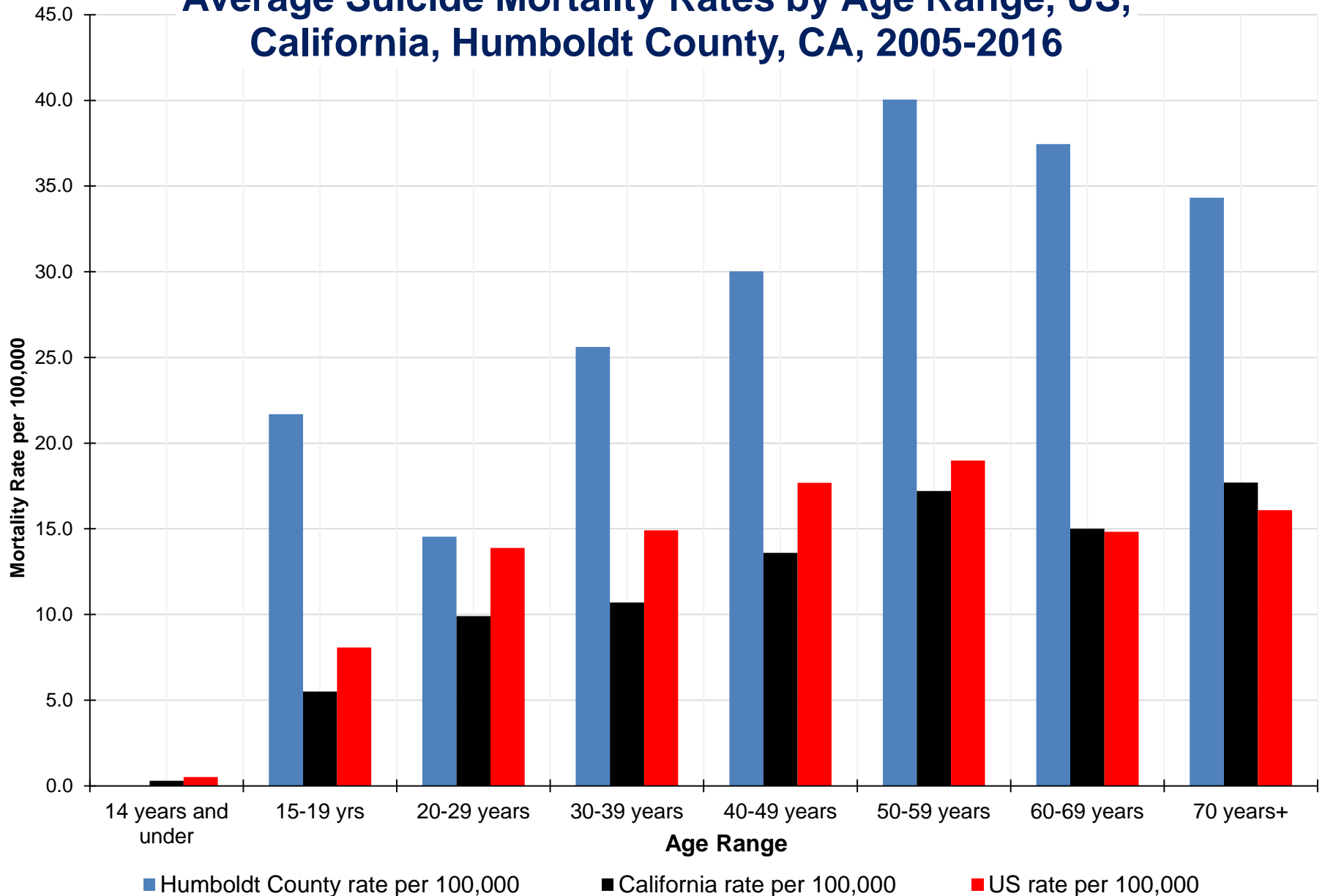
2018
Projection:
~40 Suicides



Overall Suicide Mortality Rates, US, California, Humboldt County, CA, 2005-2018 (YTD)

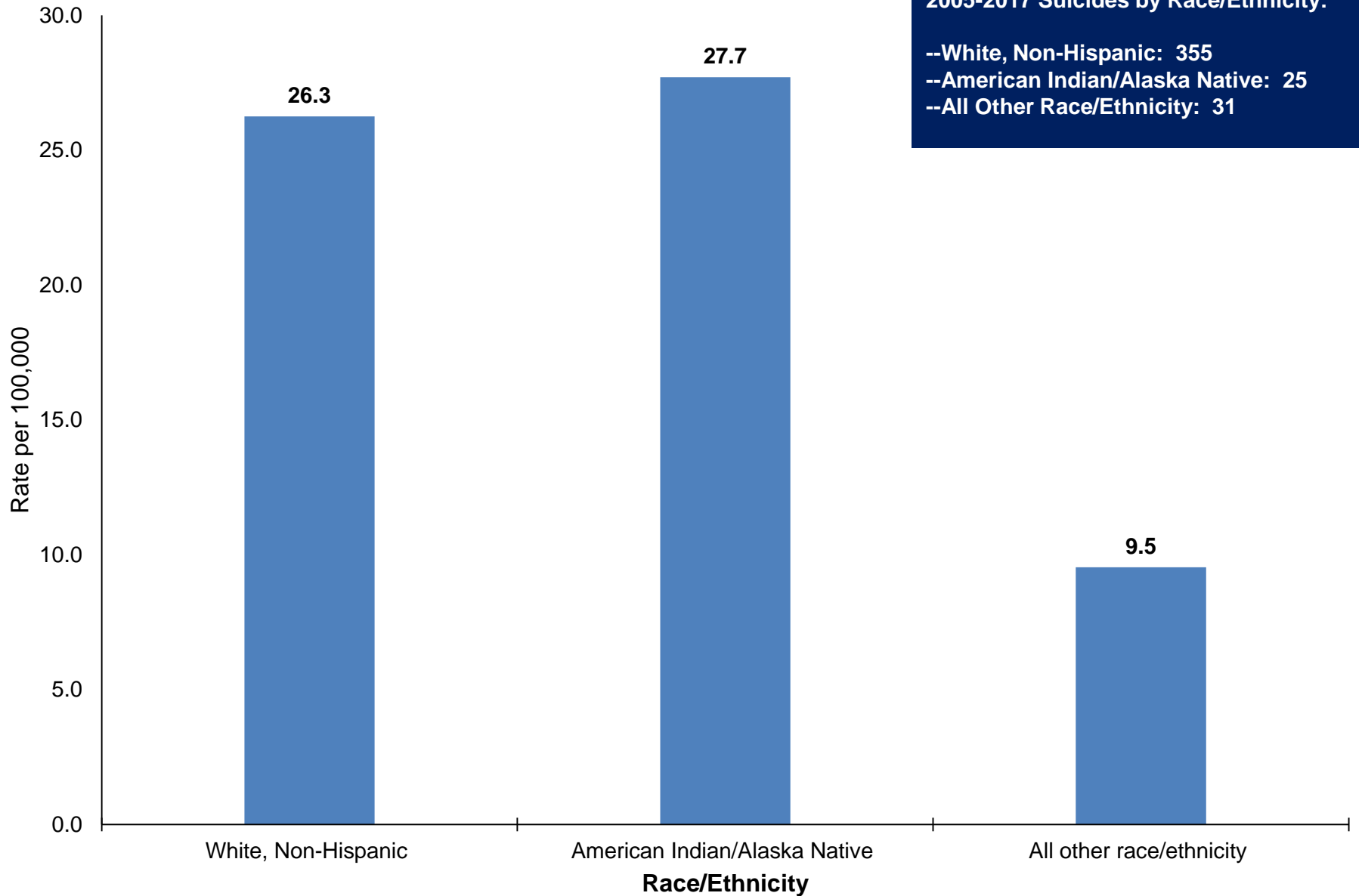


Average Suicide Mortality Rates by Age Range, US, California, Humboldt County, CA, 2005-2016



Sources: WISQARS Fatal Injury data Visualization Tool (<https://wisqars-viz.cdc.gov>), County of Humboldt Vital Statistics

Average Suicide Rate by Race/Ethnicity, Humboldt County 2005-2017



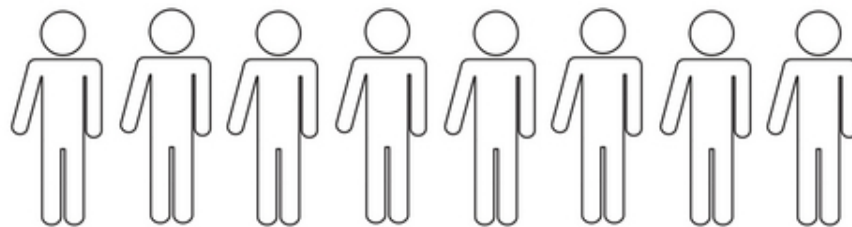
“Not everything that
counts can be counted,
and not everything that
can be counted counts.”

-Sir George Pickering

**“ Have you ever seriously thought
about ending your life by suicide? ”**

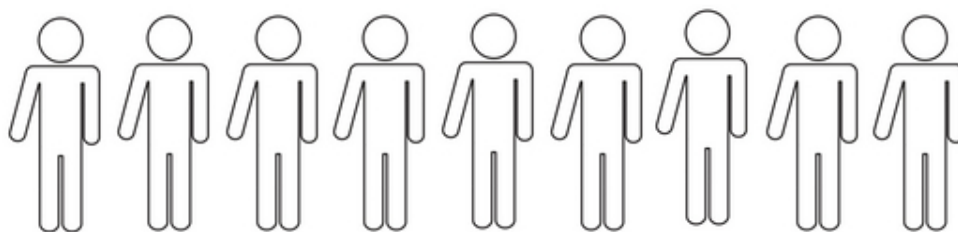
18%

Humboldt



9%

California



How we work towards preventing suicide in our community:



Connect individuals to services



Lock Up Your Lethals



Evidence-based training

Connect individuals to services



Systematic screening, assessment, referral, and follow-up

Many of the tools needed are already in use at local clinics but more development of policies, procedures and logistics needed.

Lethal Means Restriction

Lock Up Your Lethals!

Promote safety by keeping lethal means (especially firearms and medications) out of reach of friends and family members when they're in crisis.



People Helping People

Provide evidence-based training to community members and service providers to assist in times of crisis, increase access to services and save lives.



QPR

SUICIDE PREVENTION TRAINING



ASIST

APPLIED SUICIDE INTERVENTION
SKILLS TRAINING



MENTAL HEALTH FIRST AID

LEARN HOW TO HELP OTHERS



Increased
Access to
Services



Lethal Means
Restriction



Evidence-
based
trainings



Zero Suicide

What YOU can do to help:

Have a conversation with someone you love about suicide.

Loneliness is the single most dangerous threat to health.

Messages of acceptance and love help build connection and hope.

Even if it feels a little awkward at first...



Attend a mental health or suicide prevention training.

You don't have to be a clinician to help save life.
Learn more at:



QPR

SUICIDE PREVENTION TRAINING



ASIST

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SKILLS TRAINING



MENTAL
HEALTH
FIRST AID

LEARN HOW TO HELP OTHERS

September is Suicide Prevention Month!



Inspirational
Speakers

Crafts, art
and music

Information
Booths

**Attend the Out of the
Darkness Walk.**

**Arcata Plaza
Sunday, Sept. 9, 2018
9:00 a.m.**

Thank you!

For more information or to find out about training opportunities:

Healthy Communities Division

707-268-2132

publichealthPEI@co.humboldt.ca.us

United Indian Health Services: Zero Suicide in Action



Zero Suicide